

EASTER-DAY CATERING *with the* REGULO



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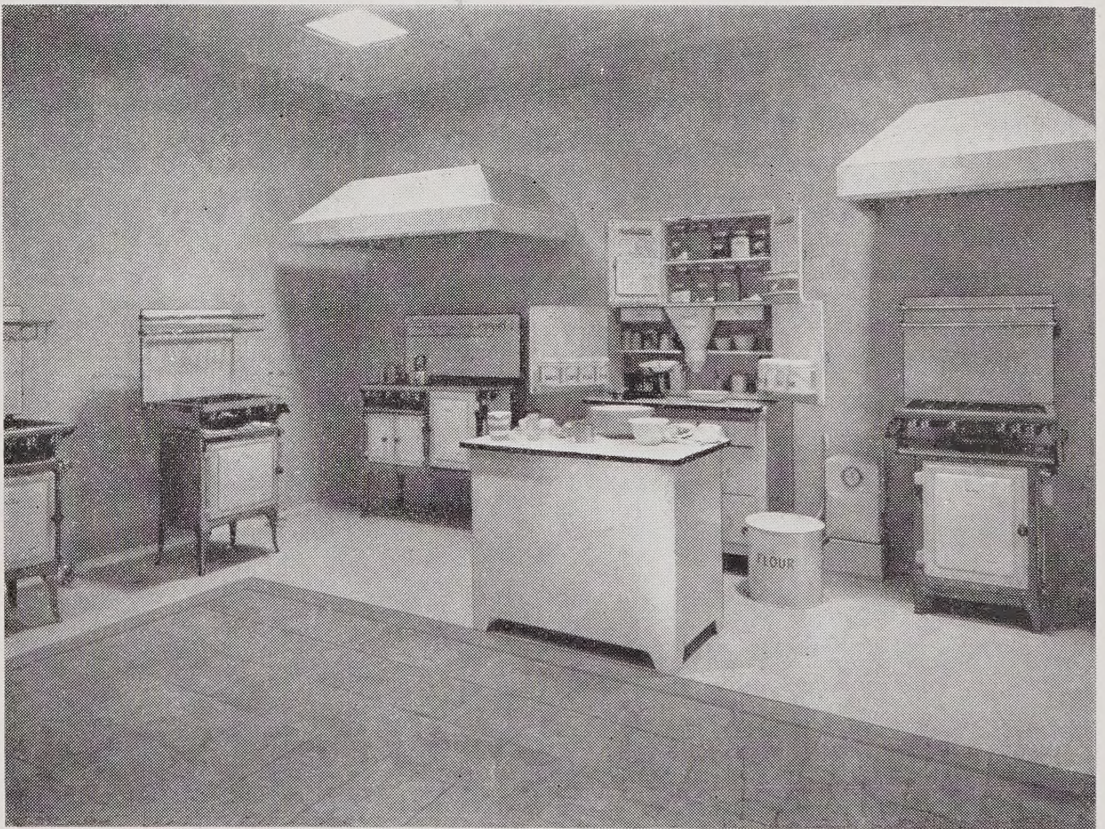
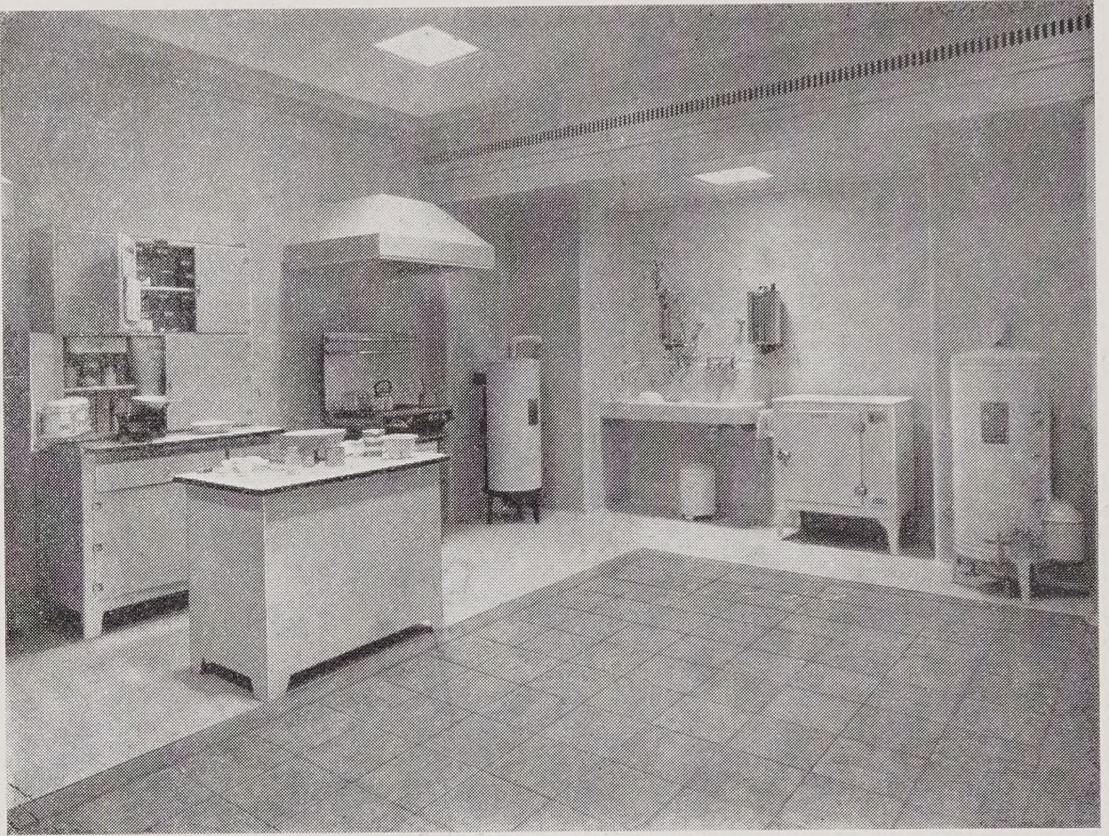
The Easter Season—

so closely connected with Spring-time, suggest the brightening of our homes with the yellow and green of daffodils, mimosa and spring leaves.

These colours have been allowed to predominate in our planning of menus for the festival. Attractive recipes arranged to cover a day's catering are given in this booklet.

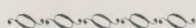
The "Regulo" setting and time for the cooking of each dish are given, and in addition, information for the cooking of the complete lunch and dinner has been included.





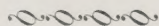
Two views of the Radiation Research and Demonstration Kitchen, which is completely fitted with the most modern equipment for extensive research and experimental work in cooking.

The Day's Menus



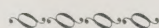
BREAKFAST.

Banana and Orange Whiffle.
Easter Eggs. Oaten Rolls.



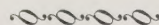
LUNCHEON.

Baked Halibut with Provençale Sauce.
Potato Croquettes. Cauliflower Soufflé.
Rhubarb Flan. Baked Cream.



TEA.

Grape Fruit and Pineapple Preserve.
Suffolk Rusks. Belgian Buns.
Piglets. Daffodil Cake.
Small Simnel Cakes.



DINNER.

Hors d'Oeuvres.
Consommé Juliana.
Fillets with Grapes.
Green Darioles of Veal.
Roast Lamb. Mint Jelly.
Seakale. Baked Potatoes.
Easter Sponge Pudding.
Jellied Orange Soufflé.
Devilled Sardines.

Breakfast.

BANANA AND ORANGE WHIFFLE.

Ingredients—

3 oranges.	2 tablespoonfuls sugar.
4 bananas.	Breakfast cereal.

Method.—Peel two of the oranges, remove the white skin and slice them. Divide between four fruit-plates. Skin, crush and whip the bananas to a froth, add the juice of the third orange and the sugar. Whip together and pour over the orange. Sprinkle cereal over the top. Whipped or pouring cream may be served separately.

EASTER EGGS.

To colour eggs.—Boil them in water to which red or purple ink or culinary colouring has been added. To obtain a good coffee colour, pour water on used coffee grounds, boil up, strain and boil the eggs in the liquid.

To add amusement for the children, prepare “dressed eggs” as follows :—

Collect some emptied egg shells which have been broken at one end only, or use hard-boiled eggs which may be coloured. Draw or paint a face on the egg. Cut paper to form a frill or collar and cap and arrange the eggs in cups amongst the coloured eggs. See frontispiece.

OATEN ROLLS.

**Regulo Setting Mark 8.
Time as stated.**

Ingredients—

$\frac{1}{2}$ lb. self-raising flour.	1 dessertspoonful castor sugar.
1 oz. fine or medium oatmeal.	1 oz. butter or margarine.
1 level teaspoonful salt.	A little more than $\frac{1}{4}$ pint milk.

Method.—Mix the flour, oatmeal, salt and sugar. Rub in the butter, add the milk and mix to a pliable dough. Divide into small pieces, roll and twist each and place on a baking tray. Bake for 15—18 minutes, according to size, with the “Regulo” at Mark 8.

Luncheon.

BAKED HALIBUT WITH PROVENÇALE SAUCE.

Ingredients.—

**Regulo Setting Mark 5.
Time 25 Minutes.**

1 lb. middle cut of halibut.	1 yolk of egg.
1 oz. butter or margarine.	1 teaspoonful capers.
1 oz. flour.	1 teaspoonful chopped parsley.
$\frac{1}{2}$ pint milk.	$\frac{1}{2}$ -1 teaspoonful anchovy essence.
Seasoning.	Lemon juice.
	Bayleaf.

Method.—Wash and trim the steak of halibut and place it in a greased au gratin dish. Melt the butter in a saucepan, add the flour and cook together for a few minutes without colouring. Add the milk gradually whilst heating and stirring to make a smooth sauce. Boil for a few minutes, add seasoning and pour over the fish. Place the bayleaf on the top, cover with a piece of greased paper and bake for 25 minutes with the “Regulo” at Mark 5.



Halibut with Provençale Sauce
and Potato Croquettes.

Pour the sauce from the fish and strain it into a saucepan, replacing the fish in the oven covered with paper. Add the yolk of egg to the sauce, stir and heat without boiling until thick. Add the chopped capers and parsley with sufficient anchovy essence and lemon juice to give a good flavour and add more seasoning if required. The sauce should now be of a correct coating consistency. Wipe the dish containing the fish and coat the fish with the sauce. Serve at once.

POTATO CROQUETTES.

**Regulo Setting Mark 7.
Time 30 Minutes.**

Ingredients —

1 lb. cooked potatoes.	Cayenne.	
$\frac{1}{2}$ oz. butter or margarine.	1 yolk of egg.	Salt.

Method.—Mash the potatoes in a saucepan over a low flame with the butter, salt, cayenne and yolk of egg until quite smooth. Turn on to a floured board, divide into portions of equal size and shape into rounded cakes. Place on a floured baking tray and cook in the oven for 30 minutes with the “Regulo” at Mark 7.

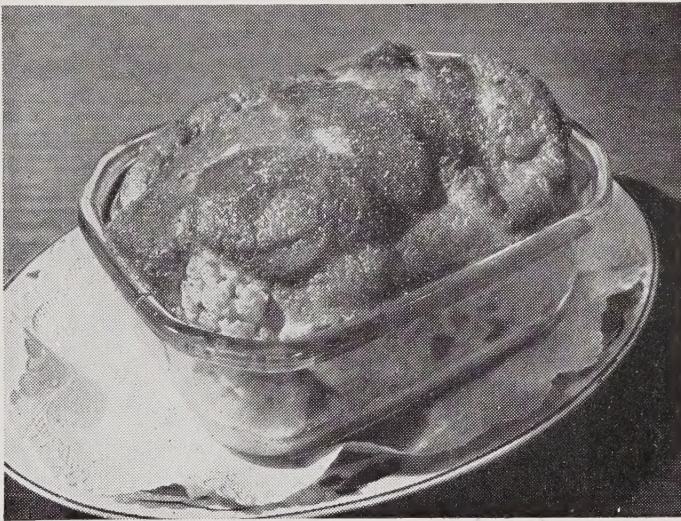
CAULIFLOWER SOUFFLÉ.

**Regulo Setting Mark 6.
Time 15 Minutes.**

Ingredients —

- | | |
|----------------------------|------------------------|
| 1 cauliflower. | 1 oz. breadcrumbs. |
| 2 tomatoes. | 2 eggs. |
| 1 oz. butter or margarine. | 2 tablespoonfuls milk. |
| Salt, pepper. | 1 oz. grated cheese. |

Method.—Wash and divide the cauliflower into small portions. Drop these into boiling salted water, cook until almost tender, then drain off the water. Skin and chop the tomatoes, and add them with the butter, salt and pepper to the cauliflower. Cover the pan with a lid and cook for 5—10 minutes over a low flame, shaking the pan often.



Cauliflower Soufflé.

Grease a fireproof glass or china casserole. Place the bread-crumbs at the bottom and turn the cauliflower mixture into the dish. Separate the yolks from the whites of the eggs.

Beat the yolks with the milk and a little salt and pepper. Whip the whites stiffly, then fold whites and yolks, etc. together very lightly. Pour over the cauliflower, then sprinkle the cheese over the surface. Bake for 15 minutes in the oven with the “Regulo” at Mark 6.

RHUBARB FLAN.

**Regulo Setting Mark 5.
Time 25 Minutes.**

Ingredients —

For the Flan Case.

- 6 ozs. plain flour.
- 3 ozs. margarine.
- 1 yolk of egg.
- 1 oz. sugar.
- 2 teaspoonfuls cold water.

For the Filling.

- 2 ozs. preserved ginger.
- 1 lb. prepared rhubarb.
- $\frac{1}{2}$ gill water.
- 2 ozs. brown sugar.
- 2 teaspoonfuls arrowroot.

To make the flan case.—Pass the flour through a sieve and rub in the margarine. Mix the sugar with the yolk of egg, then add it to the flour and mix with water if required, to make a short pastry. Roll the pastry to a round and line a flan tin 6-ins. in diameter. Prick the pastry with a fork and stand the tin on a baking tray in the oven. Cook for 25 minutes with the “Regulo” at Mark 5.

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When cooked, carefully remove the flan case from the tin. Leave until cold, then place on a round dish.

To prepare the filling.—Cut some of the ginger into fancy shapes for decorating later.

Stew the rhubarb with the water, sugar and trimmings of the ginger until tender. Strain the rhubarb and ginger from the juice, and place in the flan case. Boil up $\frac{1}{2}$ pint of the rhubarb juice. Mix the arrowroot to a smooth paste with a little cold water and add this to the boiling juice while stirring. Cook until clear, then leave until cool but not set. Arrange the fancy shapes of ginger over the rhubarb and pour the thickened juice over. Serve as soon as the syrup is quite cold.

BAKED CREAM.

**Regulo Setting Mark 1.
Time 20 Minutes.**

Ingredients —

$\frac{1}{2}$ pint of cream.	1 - 2 teaspoonfuls of sugar.
1 yolk of egg.	Vanilla essence.

Method.—Reduce the cream in a saucepan until thick, cool slightly, then beat in the yolk of egg, sugar and vanilla to taste. Turn into a small greased fireproof glass dish and bake for 20 minutes with the "Regulo" at Mark 1. Serve hot or cold.

Order of Baking Dishes for the Luncheon.

The Flan Case can be made the previous day when making cakes, as it is to be served cold.

- 1.—Set the "Regulo" at Mark 7 and heat the oven for 15 minutes.
- 2.—Place the Potato Croquettes on the 2nd or 3rd runner from the top of the oven.

Place the Halibut on the 4th or 5th runner from the top of the oven.

Place the Cream on the lowest runner or bottomplate.

- 3.—Remove the Cream after 20 minutes and leave to cool.
- 4.—Remove the Halibut after 25 minutes to strain off the sauce (see recipe), then keep hot in the oven while the sauce is finished.
- 5.—Serve the Fish and Potato Croquettes together after 30 minutes total cooking time.
- 6.—Place the Cauliflower Soufflé in the hot oven on the 3rd or 4th runner and cook for 15 minutes. Serve as a second course followed by the cold Rhubarb Flan and Baked Cream.

Tea.

GRAPEFRUIT AND PINEAPPLE PRESERVE.

Ingredients —

3 grapefruit weighing about $2\frac{3}{4}$ lbs.
3 lemons.

Water—allow 2 pints to each pound of grapefruit.

1 tin pineapple chunks with syrup (about 1 lb. without tin.)

Method.—Weigh the grapefruit. Wash the grapefruit and lemons. Cut each in half, discard the pips and squeeze out the juice. Pass the rind through a coarse mincing machine, then soak in the water for 12 hours or longer. Boil the rind in the water for about 2 hours until tender. Add the juice, previously squeezed from the fruit, with the sugar, pineapple syrup and the chunks cut into smaller pieces. Bring to boiling point and boil rapidly until a small quantity cooled on a plate will ripple when tilted.

SUFFOLK RUSKS.

**Regulo Settings and
Times as stated.**

Ingredients —

$\frac{1}{2}$ lb. plain flour.	} or $\frac{1}{2}$ lb. Self-raising flour.
$1\frac{1}{2}$ teaspoonfuls baking powder	
$\frac{1}{4}$ teaspoonful salt.	
3 ozs. margarine or butter.	
$\frac{1}{8}$ - $\frac{1}{4}$ pint milk.	

Method.—Pass the flour, baking powder (if used) and salt through a sieve. Rub in the margarine or butter, and mix with the milk to a dough. Turn on to a floured board, knead very lightly, roll to 1-inch thickness. Cut into rounds with a $2\frac{1}{2}$ -inch scone cutter. Place well apart on a baking tray and cook for 12 minutes with the “Regulo” at Mark 7. Remove the tray from the oven, quickly split open each round (do not use a knife), leave on the tray and replace in the oven for a further 10-15 minutes to become crisp, with the “Regulo” lowered to Mark 6. Serve hot or cold with plenty of butter.

Half to one ounce of sugar may be added with the salt if a slightly sweetened rusk is preferred.

BELGIAN BUNS.

**Regulo Setting Mark 6.
Time 20 Minutes.**

Ingredients —

For the dough.

$\frac{1}{2}$ lb. flour.	2 ozs. sugar.
$\frac{1}{2}$ teaspoonful salt.	1 egg.
3 ozs. lard.	$\frac{3}{4}$ gill milk.
$\frac{1}{2}$ oz. yeast.	2 ozs. sultanas.

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For the Almond Paste.

2 ozs. ground almonds.
2 ozs. sugar.
About 1 tablespoonful milk.

For Decoration.

1 oz. split almonds.

For the Glaze.

1 oz. sugar. 1 tablespoonful milk.

Method.—Pass the flour and salt through a sieve and rub in 2 ozs. of the lard. Cream the yeast with 1 teaspoonful of the sugar and add the remainder of the sugar to the flour. Make a well in the centre of the flour and pour into it the yeast, beaten egg and warmed milk. Mix to a dough and knead well, then set to rise in a warm place for about 1 hour or until the dough has doubled its bulk. Re-knead the dough lightly.

Make the almond paste by mixing the ingredients together. Roll the dough to measure 12ins by 9ins. Brush over with some of the remaining 1 oz. of lard (melted). Spread on the almond mixture, then sprinkle with the sultanas and the remains of the lard. Roll up and cut into 12 slices. Place the slices, cut side up, on a greased and floured baking tray with deep sides. Leave in a warm place for 15 minutes, sprinkle with the split almonds and brush over with the sugar and milk heated together. Bake for 20 minutes with the "Regulo" at Mark 6.

PIGLETS.

**Regulo Setting Mark 4.
Time 15 Minutes.**

For the Sponge Cakes.

2 eggs. 1 oz. butter or margarine.
2 ozs. sugar. 2 ozs. flour.
20 bouchée moulds or small paper cases.

For the Crème Pâtisserie.

2 yolks. 4 ozs. butter.
2 ozs. castor sugar. 1 teaspoonful coffee essence.
 $\frac{1}{2}$ gill milk (hot).

For the Glacé Icing.

8 ozs. icing sugar. Pink colouring.
Water.

For decorating.

20 blanched almonds. 2 teaspoonfuls cocoa powder.

To make the Cakes.—Break the eggs into a bowl and beat for a few minutes. Add the sugar and beat until thick with the bowl standing over a pan of hot water.

Remove the bowl and continue beating until the mixture will retain the impression of the whisk if pressed lightly on the surface. Add the butter, which should be melted but not hot, by pouring it down the side of the bowl and sift the flour over the surface. Fold together carefully with a metal spoon.



The Tea Table showing from left to right—Belgian Buns, Small Simnel Cakes, Suffolk Rusks and Piglets with Grape-fruit Preserve and Daffodil Cake in the background.

Place the mixture in the greased bouchée moulds or paper cases. Stand these on a baking tray and cook in the oven for 15 minutes with the "Regulo" at Mark 4. When cooked, turn out of the moulds or remove the paper cases and leave to cool.

To make the Crème Pâtisserie.—Beat the sugar and the yolks of eggs together until thick, add the hot milk, whisk and return to the pan. Cook, whisking all the time to make a thick custard. Cool and add gradually to the butter in a basin. Beat well with a wooden spoon to a cream, add the coffee essence and leave to stand until quite cold. The mixture should now be suitably thick for piping.

Split the cakes, spread with a little of the crème and place together again. Pipe with more of the crème, using a $\frac{1}{2}$ -inch plain pipe, to give the appearance of a pig's fat cheeks and snout (see illustration, page 10). Leave to harden in a cool place.

To make the Glacé Icing.—Place the icing sugar in a bowl, add sufficient warm water to give a coating consistency, colour to a pale pink shade and beat well. Pour over the cakes to coat completely. Add the cocoa powder to the remaining crème pâtisserie, pipe eyes and snout on each pig and finish with split almonds positioned for ears.

DAFFODIL CAKE.

**Regulo Setting Mark 3.
Time 1 Hour 35 Minutes.**

Ingredients —

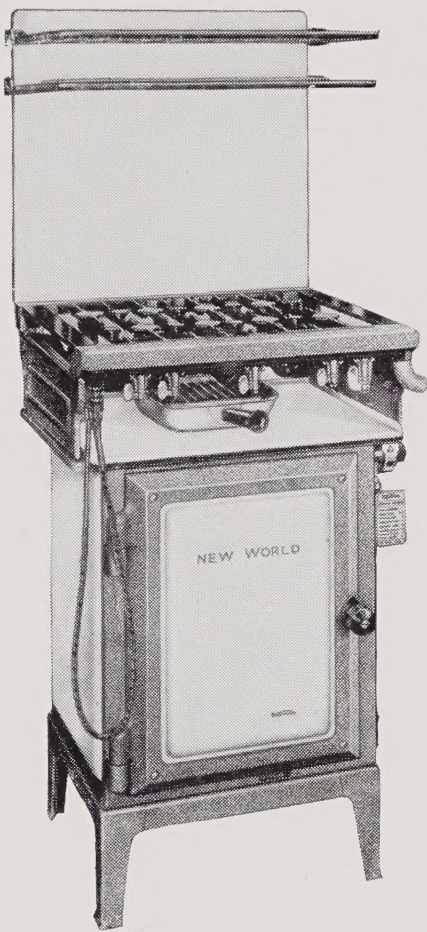
$\frac{1}{2}$ lb. butter.	A few drops of muscatel or
10 ozs. sugar.	other flavouring.
5 eggs omitting 2 whites.	1 tablespoonful apricot jam.
2 tablespoonfuls milk.	Icing sugar.
6 ozs. flour.	Green and yellow (saffron)
2 ozs. cornflour.	colouring.
1 teaspoonful baking powder.	Tumbler.
Pinch of salt.	Daffodils.

One angel cake tin—7ins. in diameter.

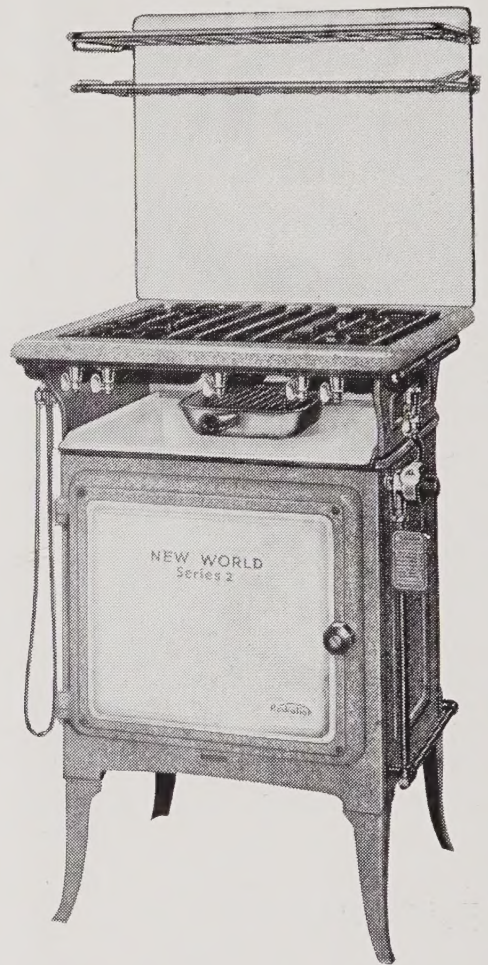
Method.—Beat the butter and sugar to a cream, separate the yolks from the whites of the eggs and add the yolks with the milk to the butter, etc. Beat well, then stir in the flour, cornflour, baking powder and salt sifted together; add the flavouring and the whites of eggs (whipped stiffly). Fold together and turn into the greased cake tin. Bake for 1 hour 35 minutes with the "Regulo" at Mark 3. Turn out of the tin and leave until quite cold. Brush over with the warmed apricot jam.

To ice.—Make glacé icing as for piglets (see above), colour two-thirds yellow and one third green. Coat the top and sides of the cake with the yellow icing, then immediately pipe lines of the green icing from the centre over the top and down the sides through a cornet shaped paper bag. If a herring-bone effect is

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NEW WORLD



NEW WORLD—Series 2

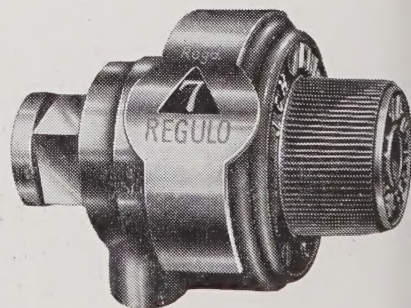
Additional sizes of the "New World" Cooker have recently been introduced. These additional cookers are known as "New World"—Series 2, and are thus described on the door panel.

The illustrations above show typical examples of the two types.

THE REGULO HEAT CONTROLLER

The figures on the Regulo dial represent the complete range of oven heats required for every variety of cooking. To use the Regulo, set the dial to the number required, turn the oven tap on full, light the gas and close the door. Allow 15 minutes heating with Regulo settings up to mark 7 and 20-25 minutes with higher marks. When the oven is hot insert the food and close the oven door tightly. At the end of the prescribed time remove the food. During the whole cooking period the oven is left entirely to itself and it is not necessary to open the door from the time the food is inserted until it is finally removed, perfectly cooked.

When using the Regulo, always keep the oven tap full on.



desired, dip a knife into hot water and draw the sharp side round the top of the cake about 1-inch in from the edge. If the icing has not yet set the same effect may be introduced round the sides of the cake by drawing the knife horizontally round the cake in one direction and then round in the opposite direction about 1-inch lower. Lift the cake carefully on a broad knife and place on a cake stand. Place the tumbler in the hole in the centre of the cake (see illustration) and arrange the flowers tastefully.

SMALL SIMNEL CAKES.

Regulo Setting Mark 4.
Time 35 Minutes.

Ingredients —

4 ozs. butter or margarine.	$\frac{3}{4}$ lb. mixed fruit.
4 ozs. castor sugar.	2 ozs. mixed peel.
2 eggs.	$\frac{1}{4}$ teaspoonful spice.
4 ozs. flour.	Grated rind of half lemon.
Pinch of bicarbonate of soda.	Almond essence.
Salt.	

1 dozen deep bun tins or paper cases.

Almond Paste.

4 ozs. icing sugar.	Almond essence.
4 ozs. castor sugar.	1 teaspoonful lemon juice.
8 ozs. ground almonds.	Green colouring.
1 egg and 1 yolk of egg.	12 small fluffy chickens.

Method.—Beat the butter and sugar to a cream. Add the eggs gradually and beat until the mixture is stiff and uniform. Stir in the flour, soda and salt sifted together. Add the fruit, chopped peel, spice, grated lemon rind and a few drops of almond essence. Mix well, then place the mixture in the greased tins or paper cases. Place these on a baking tray and cook in the oven for 35 minutes with the "Regulo" at Mark 4.

To make the Almond Paste.—Mix together the sifted icing sugar, castor sugar and ground almonds. Whip up the eggs and add with the almond essence and lemon juice. Work together and knead only sufficiently to form a smooth paste. Cut off one-third of the almond paste, add green colouring and work in until coloured through, then shape into small eggs.

Cut the remainder of the almond paste into 12 pieces, roll each piece to a sufficient length to twist twice round one cake. Fold them back in half and twist, then place on the top of the cakes. Finish with the eggs placed in the centre and then the chicken (see illustration, page 10).

Dinner.

HORS D'OEUVRE.

Ingredients —

1 cucumber.

White vinegar or lemon juice.

For stuffing.

A mixture of vegetables cooked separately, such as peas, beans, cauliflower, carrots, potatoes.

For salad dressing.

1 tablespoonful vinegar.

Pepper.

2 tablespoonfuls oil.

Mayonnaise.

Salt.

2 or 3 Tree Tomatoes.

Method.—Peel the cucumber and cut into pieces $1\frac{1}{2}$ to 2 inches thick. Scoop out the centre of each piece, pour vinegar or lemon juice over and leave to stand about half-an-hour.



Hors d'Oeuvres with Consommé
Juliana in the background.

Cut the larger vegetables into cubes, when cooked, and mix all together whilst hot, with the dressing of vinegar, oil, salt and pepper. Leave until cold, then use to fill the centres of the pieces of cucumber placed on individual plates. The filling may

protrude above the cucumber. Coat entirely with mayonnaise. Slice the tree tomatoes and arrange as a garnish on each plate.

CONSOMMÉ JULIANA.

Ingredients —

2 pints white stock (cleared).

Seasoning.

Shreds of cabbage and carrot.

Wineglass of sherry.

1 oz. spaghetti.

Method.—The stock and the cabbage may be prepared with the veal and cabbage leaves required for "Green Darioles of Veal" (see later). Shred the cabbage leaves neatly when cooked. Boil separately in salted water the shreds of carrot and the spaghetti, broken into small pieces. (This cooking may conveniently be done in the oven). Make the cleared stock hot, add the wine and more seasoning if required, and pour over the prepared shreds of cabbage, carrot and the spaghetti placed in a hot soup tureen.

FILLETS WITH GRAPES.

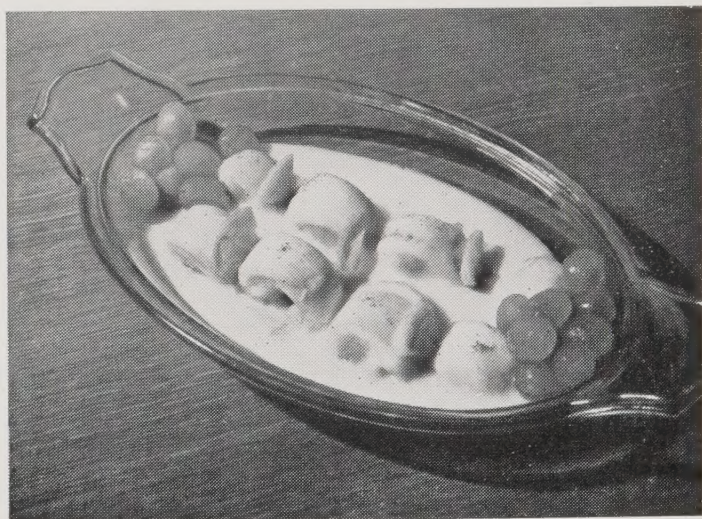
Regulo Setting Mark 5.
Time 20 Minutes.

Ingredients —

4 medium size fillets of plaice or sole.	$\frac{1}{8}$ pint white wine (or lemon juice and water).
Salt.	$\frac{1}{2}$ oz. butter or margarine.
Pepper.	$\frac{1}{2}$ oz. flour.
Lemon juice.	Cayenne.
About 2 ozs. white grapes.	Sugar.

Method.—Skin and trim the fillets and cut each into two lengthways to make long narrow fillets. Sprinkle them with salt, pepper and lemon juice.

Skin and stone the grapes, place one on each fillet and roll the fish round the grape. Place the fillets in a fireproof dish and pour the wine round them. Cover with a piece of greased paper and cook in the oven for 20 minutes with the "Regulo" at Mark 5.



Fillets with Grapes.

Melt the butter in a small saucepan, add the flour and cook together for a few minutes without browning. Add the liquor from around the cooked fish, stir and boil for a few minutes. Strain the sauce through a tammy cloth or fine strainer and reheat, adding cayenne and a pinch of sugar with seasoning and a squeeze of lemon juice as required to obtain a good flavour. Pour over the fish and garnish with the remainder of the grapes which should be first heated in the oven or in boiling water for a few minutes.

GREEN DARIOLES OF VEAL.

Ingredients —

1½ lbs. shin of veal.	1 oz. butter or margarine.
Strip of lemon rind.	1 oz. flour.
Salt.	Cayenne.
Bunch of herbs.	Lemon juice.
12 peppercorns.	8 small cabbage leaves.
Nutmeg.	

Method.—Place the veal in 4 pints of water in a saucepan with the lemon rind, salt and the herbs and peppercorns tied in

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muslin. Bring to boiling point, skim well, then simmer for about $1\frac{1}{2}$ hours or until the veal is tender. Re-



Green Darioles of Veal.

move the meat from the bones for the darioles but continue the simmering of the bones, etc., for a further $2\frac{1}{2}$ hours to make stock. (This part of the preparation can be carried out the day before).

Pass the meat through a mincing machine. Make a thick sauce with the butter, flour and $\frac{1}{4}$ pint of the stock. Mix the

meat and sauce with sufficient cayenne, grated nutmeg and lemon juice to obtain a good flavour.

Choose small green cabbage leaves. Wash well, then cook in boiling salted water until tender but not broken. Grease 6 or 8 dariole moulds and line each with a cabbage leaf. Fill up with the meat mixture. Stand the cups in a steamer, cover with a piece of greased paper and the lid and cook for 20 minutes. Turn out carefully and serve.

ROAST LAMB AND POTATOES.

Regulo Setting Mark 7.
Time as stated.

Ingredients —

3 - 4 lbs. leg or shoulder of lamb. $1\frac{1}{2}$ - 2 lbs. potatoes.
2 ozs. dripping.

Method.—Weigh and wipe the meat. Heat the dripping in the meat tin while the oven is heating up. Wash and peel the potatoes and place them in the hot dripping round the joint. Baste the potatoes and meat, then cook in the oven with the "Regulo" at Mark 7.

For 3-lb. joint allow 1 hour 15 minutes.

For 4-lb. joint allow 1 hour 35 minutes.

If preferred, roast at Mark 6, allowing an additional $\frac{1}{4}$ hour.

MINT JELLY.

This can be made when mint is plentiful and stored until required.

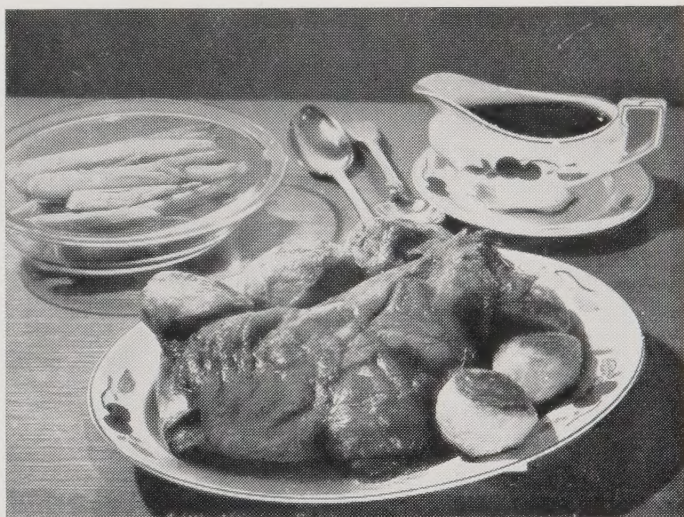
Ingredients —

6 lbs. green apples.	Preserving sugar.
Juice of 4 lemons.	Sap green colouring.
2 quarts water.	A few drops of oil of
A large bunch of mint.	peppermint.

Wash, dry and cut the apples into slices without peeling or removing the cores. Add the lemon juice and water with half of the mint (washed).

Cook to a pulp. Strain through a jelly bag, leaving it to drip over night. Weigh the strained liquid and bring it to the boil, boil for 20 minutes then add 1-lb. of sugar to every 1-lb. of liquid as weighed previously.

When the sugar has dissolved bring to boiling point, add the remainder of the mint finely chopped, then boil rapidly for 5 minutes. Add green colouring as required, with 1 or 2 drops of oil of peppermint or 1 teaspoonful of essence of peppermint. Pour into small jars and cover when cold with parchment paper.



Roast Shoulder of Lamb with
Potatoes, Seakale and Gravy.

SEAKALE.

**Regulo Setting and
Time as stated.**

Wash and trim the seakale. Place in a saucepan, cover with cold water and bring to boiling point. Strain off the water and place the seakale in a casserole with 1 oz. of melted butter, sprinkle with salt, cover closely with a piece of paper and then with the lid. Shake to distribute the butter, then cook on a shelf in the middle or lower part of the oven beneath a joint with the "Regulo" at Mark 7. Allow 35 to 45 minutes according to position in the oven.

EASTER SPONGE PUDDING.

Regulo Setting Mark 4.
Time 45 Minutes.

Ingredients —

For the Sponge Ring.

4 ozs. butter or margarine.
4 ozs. sugar.
2 eggs.
6 ozs. flour.
1 teaspoonful baking powder.
Pinch of salt.
2 ozs. milled nuts.
A few drops almond essence.

To Decorate

Apricot jam.
3 ozs. coloured (green)
coconut.
1 tin apricots.
1 teaspoonful cornflour.

An angel cake tin 7ins. in diameter.

To make the Sponge.—Beat the butter and sugar to a cream.



Jellied Orange Soufflé and
Easter Sponge Pudding.

Add the eggs one at a time and beat until stiff and uniform. Add the flour, baking powder and pinch of salt sieved together, also the nuts and almond essence. Stir lightly together, then turn into the greased tin. Bake for 45 minutes with the "Regulo" at Mark 4.

When cold, brush the sides and top edge of the sponge ring with a little warmed apricot

jam. Sprinkle with the coloured coconut. Strain the juice from the apricots and fill the centre of the sponge ring with the apricots. Mix the cornflour to a paste with a little of the juice. Boil the remainder of the juice, add the paste, stir and boil for a few minutes, then pour over the top of the fruit and round the sides of the sponge ring.

JELLIED ORANGE SOUFFLÉ.

Ingredients —

For outer case of mould.

1 pint size orange jelly square.

For filling.

2 eggs.
Juice and rind of 1
medium size orange.
2 ozs. castor sugar.

$\frac{1}{4}$ pint cream.
 $\frac{1}{4}$ oz. gelatine.
2 tablespoonfuls sherry.

Method.—Dissolve the jelly square in 1 pint of hot water and cool. Rinse a 2 pint size soufflé tin or jelly mould in cold water and pour in sufficient of the jelly to cover the bottom. Leave to set in a cold place. Place a smaller tin containing a light weight in the middle of the soufflé tin on the set jelly, then pour the remainder of the jelly round the smaller tin to fill up the soufflé tin. Leave to set. Remove the weight from the small tin, pour some warm water into the tin and carefully but quickly lift it out of the jelly. Leave the jelly in a cool place while the filling is prepared.

To prepare the filling.—Separate the yolks from the whites of the eggs and place them in a bowl with the grated rind and juice of the orange and the castor sugar. Stand the bowl over a pan of boiling water and whisk for about 20 minutes until thick and light. Whip the cream, dissolve the gelatine in the sherry and whisk the whites until very stiff. Then add all to the cooled yolks, etc. Fold together with a metal spoon and pour into the prepared jelly. Stand in a cool place until set, then dip the mould in warm water to loosen the jelly and invert it on to a glass dish.

DEVILLED SARDINES.

**Regulo Setting Mark 3.
Time 20 Minutes.**

Ingredients —

6 or 8 rashers of bacon.	Anchovy biscuits (see page 20).
6 or 8 sardines.	Paprika pepper.
Cayenne pepper.	

Method.—Cut the rind from the rashers of bacon and place a sardine on each. Sprinkle with cayenne and roll up. Place the rolls on a small baking tin and cook in the oven for 20 minutes with the "Regulo" at Mark 3. Arrange the biscuits in a line on a hot dish with a devilled sardine on each. Decorate with a thin line of paprika pepper.



Devilled Sardines on Anchovy Biscuits.

ANCHOVY BISCUITS.

**Regulo Setting Mark 4.
Time 20 Minutes.**

Ingredients —

4 ozs. flour.	2 ozs. cheese, grated.
Salt.	1 teaspoonful anchovy essence.
Cayenne pepper.	1 yolk of egg.
2 ozs. butter or margarine.	1 teaspoonful water.

Method.—Mix the flour with a large pinch of salt and a little cayenne. Rub in the butter, add the cheese and mix together with the anchovy essence, yolk of egg and water. Turn on to a floured board, knead lightly until smooth and cut into oblong shaped biscuits about $1\frac{1}{2}$ inches by 3 inches. Place these on a baking tray and prick them. Bake for 20 minutes with the “Regulo” at Mark 4.

Order of Baking Dishes for the Dinner.

Arrange the food in the oven in the following manner, allowing for each dish the cooking time given in the recipe :—

1. Place the meat tin containing dripping in the oven. Set the “Regulo” at Mark 7. Light the gas and heat the oven for 15 minutes.
2. Place the meat and potatoes in the meat tin (see recipe) on the 3rd runner from the top of the oven.
3. Later place the spaghetti and seakale on the 5th or 6th runner.
4. Later place the fish on the lowest runner (beside the seakale in Series 2 ovens).
5. Lower the “Regulo” to Mark 4 when the joint has been removed from the oven.

Place the Anchovy Biscuits on the 3rd runner and the Devilled Sardines below them.

The soup, sliced carrots, Green Darioles of Veal and sauce for the fish can be cooked on the hotplate.

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Publications Department
164-172, Queen Victoria Street, London, E.C.4
